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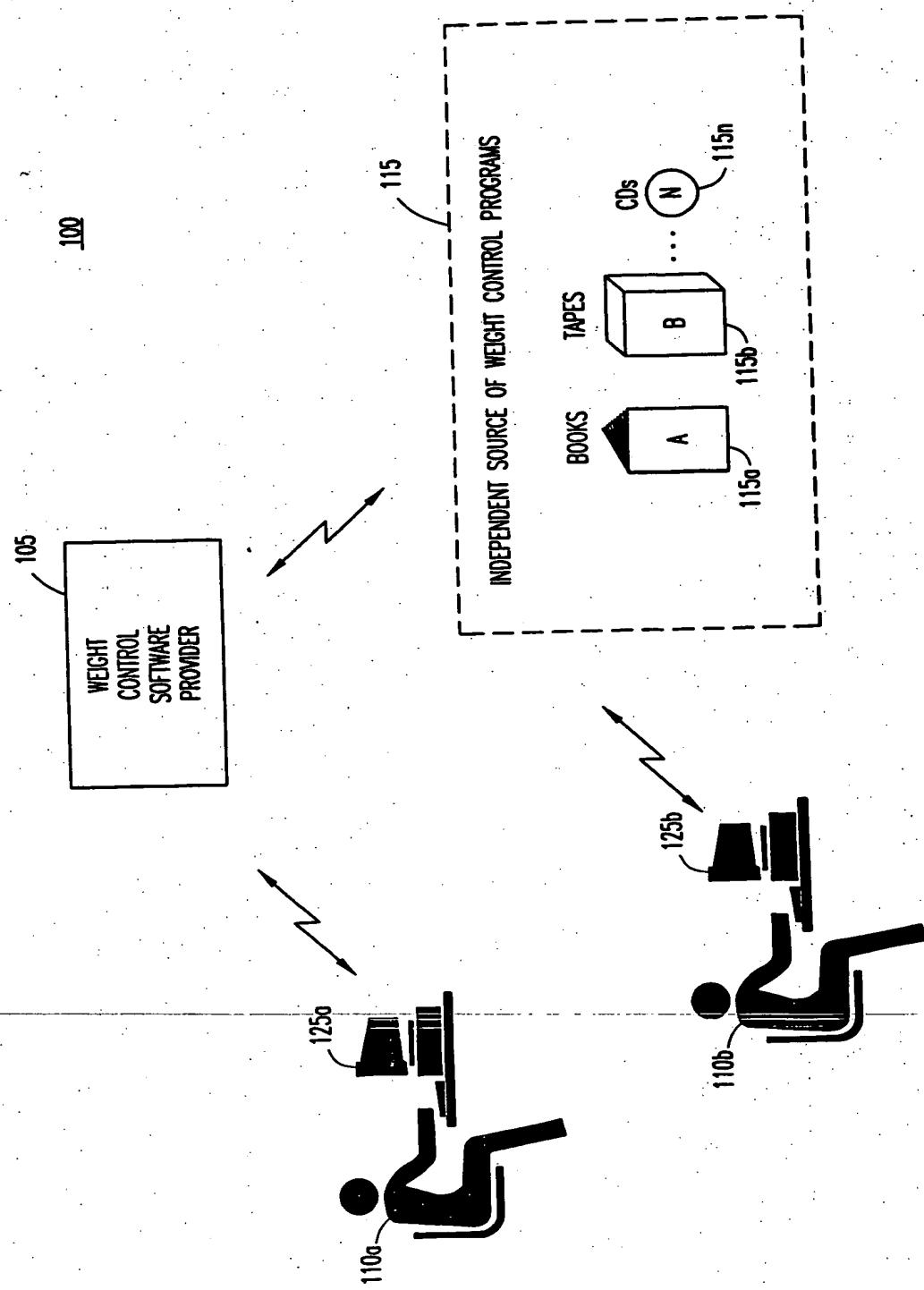


FIG. 1

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

2/28

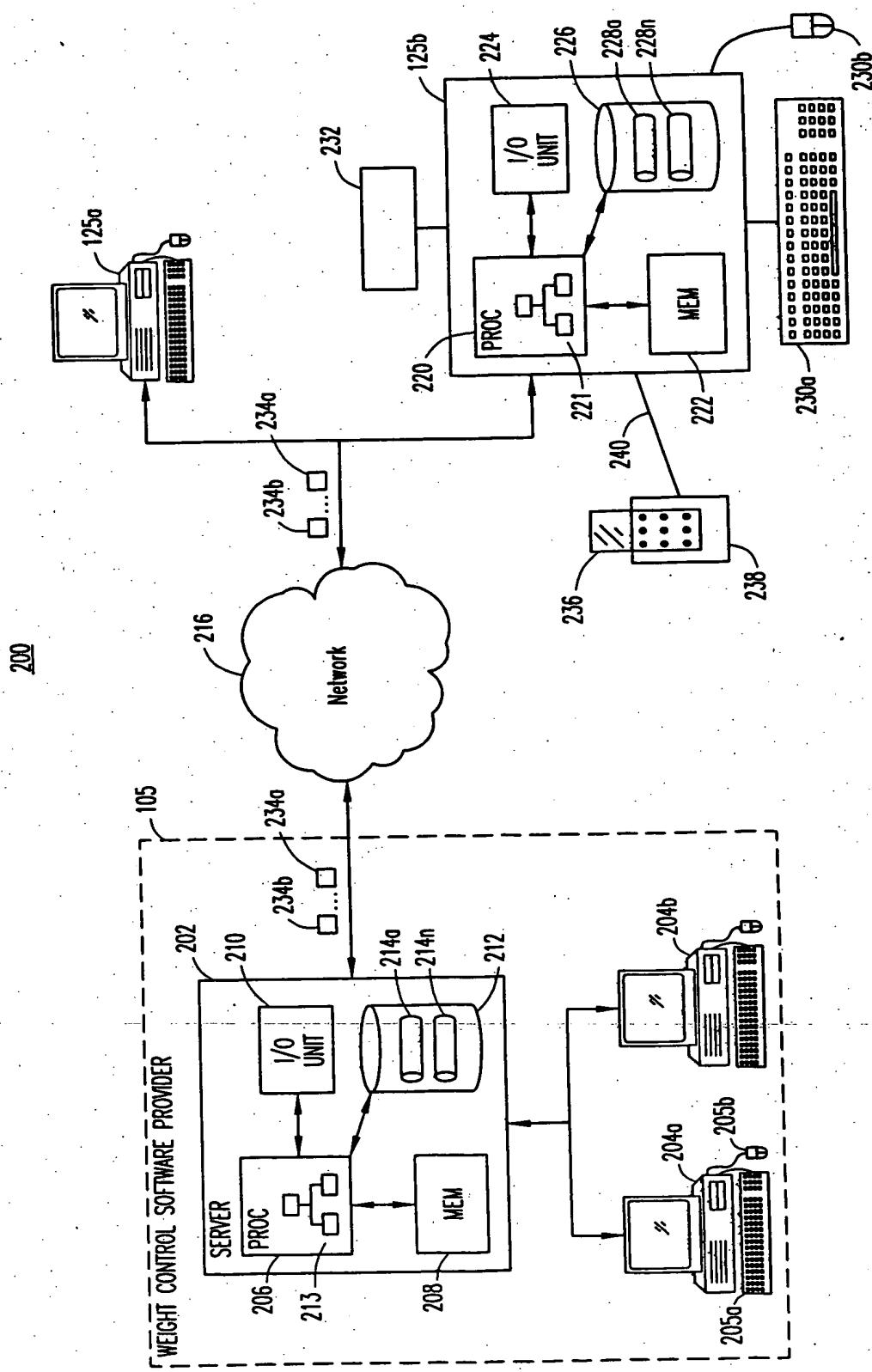


FIG. 2

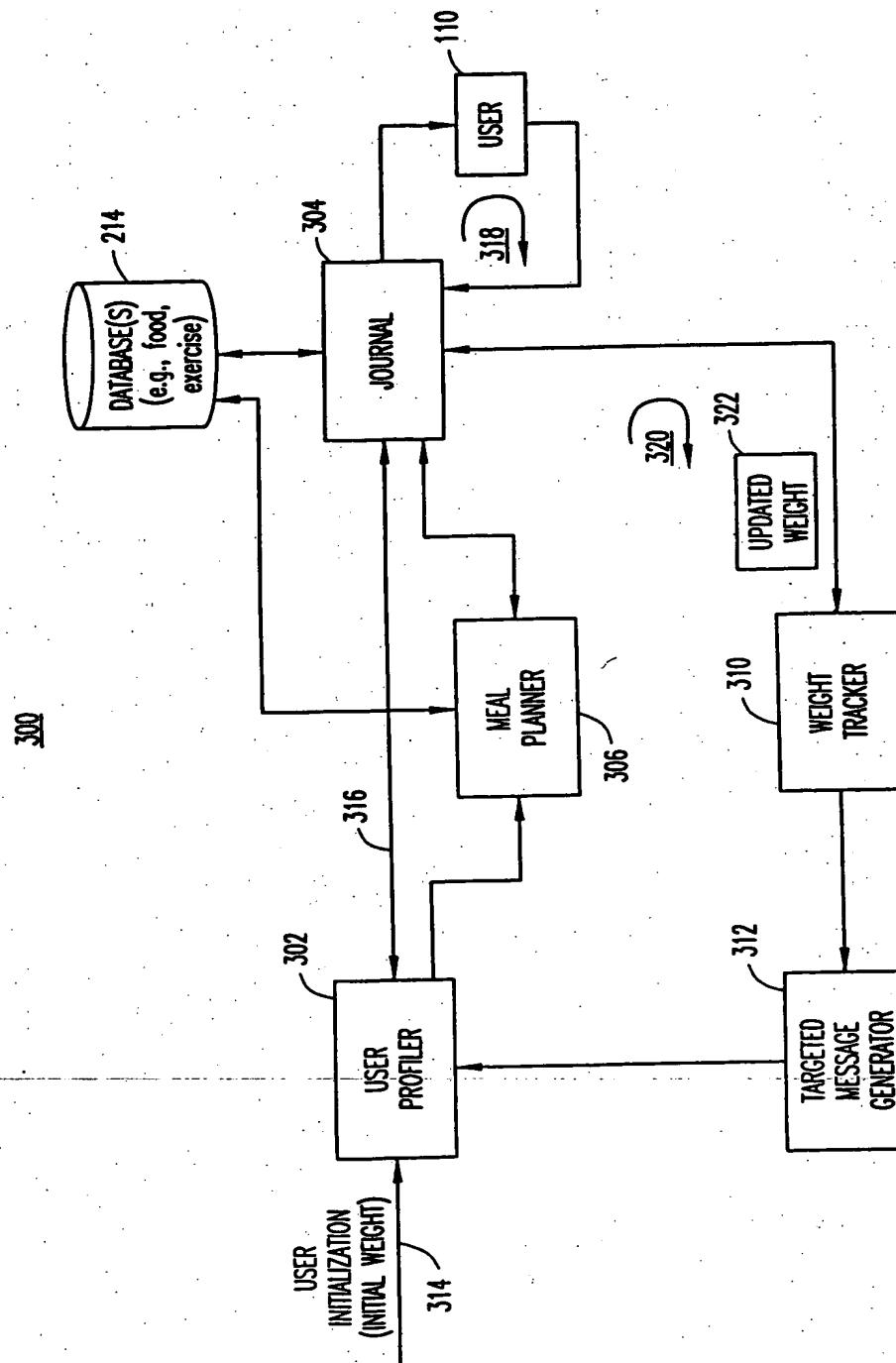


FIG. 3

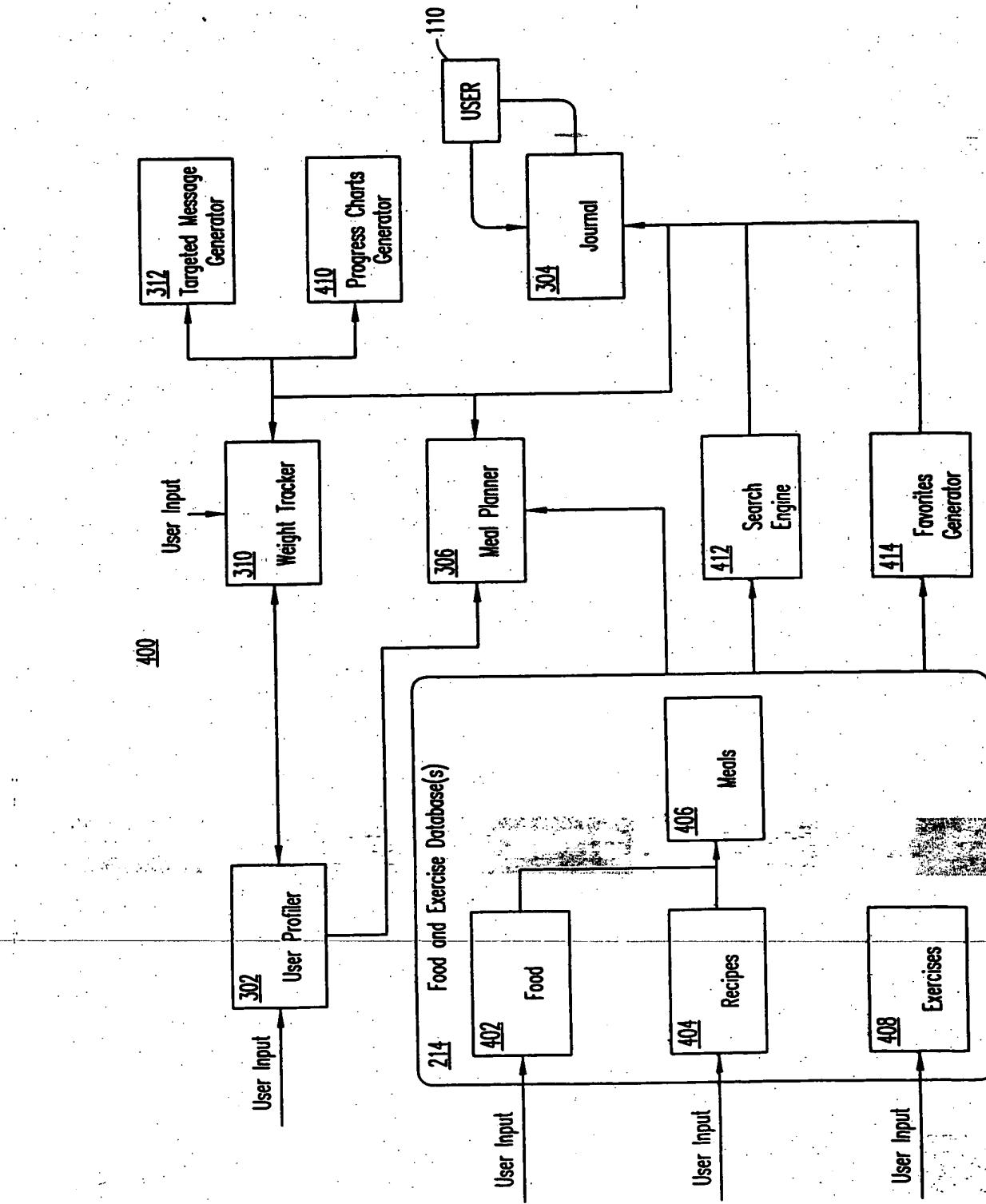


FIG. 4

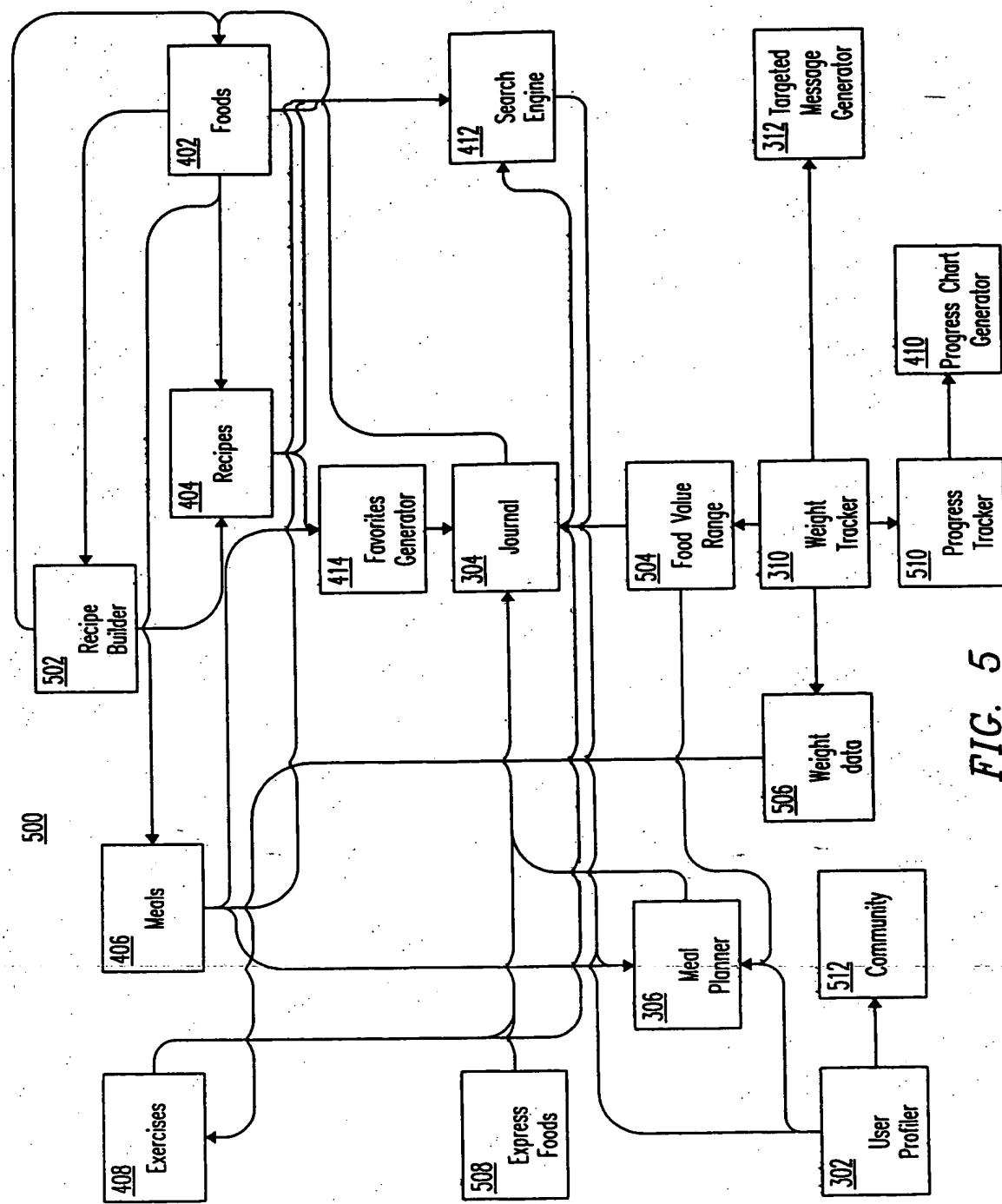


FIG. 5

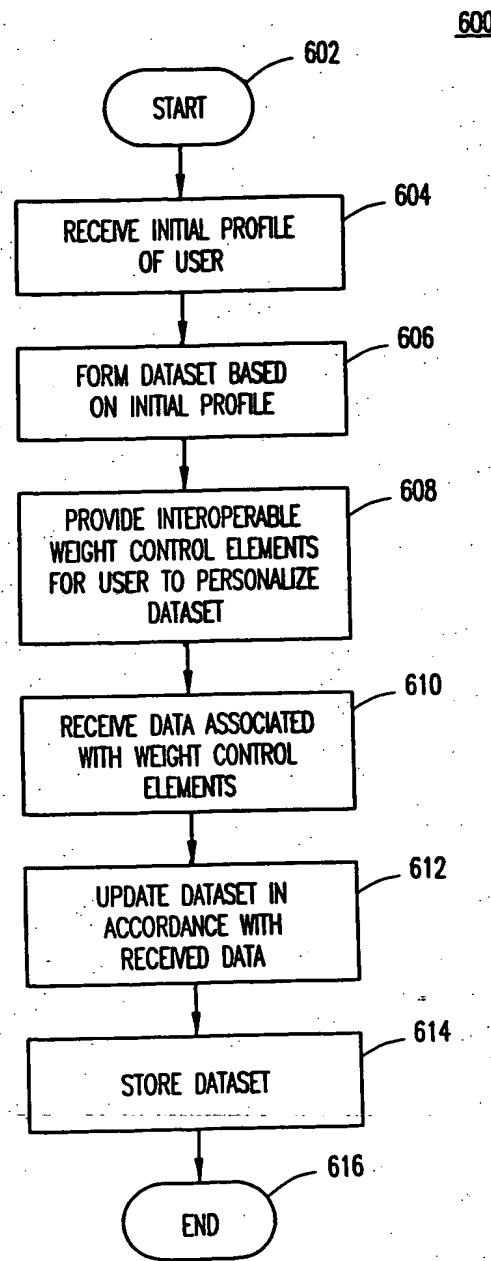


FIG. 6

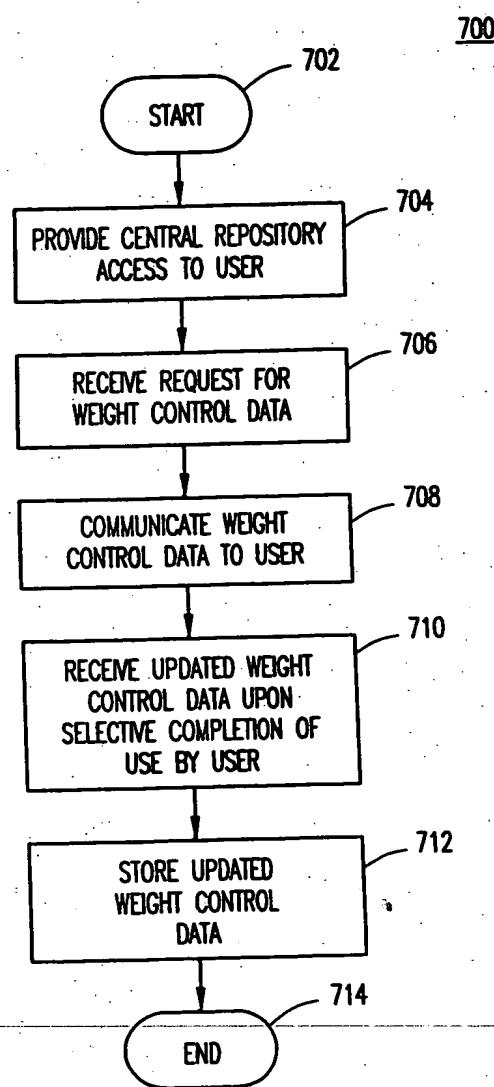


FIG. 7

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

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806

800

802

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[LOGIN](#)

804

shop

panic

826

Journal | Weight Tracker | Progress Charts | My Favorites | POINTS[®] Calculators | Assessment | Tools for Living

808

Step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections.

Current Weight Information

Current Weight: 223lb

Height: 5'8"

Gender: M

Birthdate: 7/14/1966

810

[Make changes to Weight Information](#)

Personal Information

First name: John

Last name: Smith

Address: 1 MAIN St.

City: Anytown

State: NY

Zip code home: 12345

Zip code work: 12346

Country: United States

Phone: (212) 555-1234

E-mail: jsmith@workplace.com

Receive Information: No

E-mail Weight Loss Progress: No

E-mail Format: text

Profession: Professional (e.g., doctor, lawyer)

Marital status: Single

Number of children: 0

Lifetime Member: 98765

Meeting Member number: 98765

[Make changes to Personal Information](#)

812

814

Other Characteristics

Altitude: Generally Happy

Athletic: Yes

Eye color: Blue

Hair color: Brown

814

Other Demographics

Race: Caucasian

Religion: Catholic

Ethnicity: Irish

Blood type: A+

816

Health Restrictions

None

818

Desired Meal Plan Type

Regular

Payment Information

822

Credit Card: Visa

Credit card number: ****1111

Expiration date: 2/2002

Name as it appears on the card: John Q Smith

Billing Address: 1 MAIN St.

City: Anytown

State: NY

Zip code: 12345

[Make changes to Payment Information](#)

Total Subscription Charges for

Monthly Fee: \$8.00 x 6 =: \$48.00

Savings/Discount: \$0.00

Taxes: \$0.00

Total Charges: \$48.00

824

FIG. 8

Title: Weight Control System
 Having Varying Meal Plans
 and Meal Planning Schemes
 Inventor: Kirchhoff, et al
 03968-P0001D

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900g

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http://

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806b

802 → find a meeting|about us|my profile|site map|help|LOGOUT

home my plan community success stories food & recipes healthy life fitness just for me shop

Journal|Weight Tracker|Progress Charts|My Favorites|POINTS[®] Calculators|Assessment|Tools for Living|Intro to eTools

panic

808a

808

914

my journal

904a

904b

904c

904d

906

Friday, Jan 25, 2002 ▶ Target: 27 Range: 22-27 Bank: 3

print day print blank journal user guide

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time:

920 ~ Morning Midday Evening Snack

Step 2: To add food, you can either:

- Search our food database toast
- Select a favorite:
- Express it! Enter your food and its POINTS value:
 Food: POINTS:
 POINTS Calculator

Need Help? Go to the Journal User Guide

Find tips from others on the Weight Watchers eTools Tip Exchange

DELETE CHECKED ITEMS 918

SAVE & BANK

Morning		Subtotal
<input type="checkbox"/> 1 medium pear(s)	1	1
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2	2
<input type="checkbox"/> 1/2 cup General Mills Whole Grain Total	1	1
<input type="checkbox"/> 6 average almonds	1	1
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE		5
Midday		Subtotal
<input type="checkbox"/> 6 oz baked potato	3	3
<input type="checkbox"/> 1 oz low-fat cheddar or colby cheese	1	1
<input type="checkbox"/> 1/2 cup cooked broccoli	0	0
<input type="checkbox"/> 2 cup mixed greens	0	0
<input type="checkbox"/> 1 tsp olive oil	1	1
<input type="checkbox"/> Tbsp vinegar	0	0
<input type="checkbox"/> 1 medium orange(s)	1	1
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE		6

Internet

FIG. 9

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

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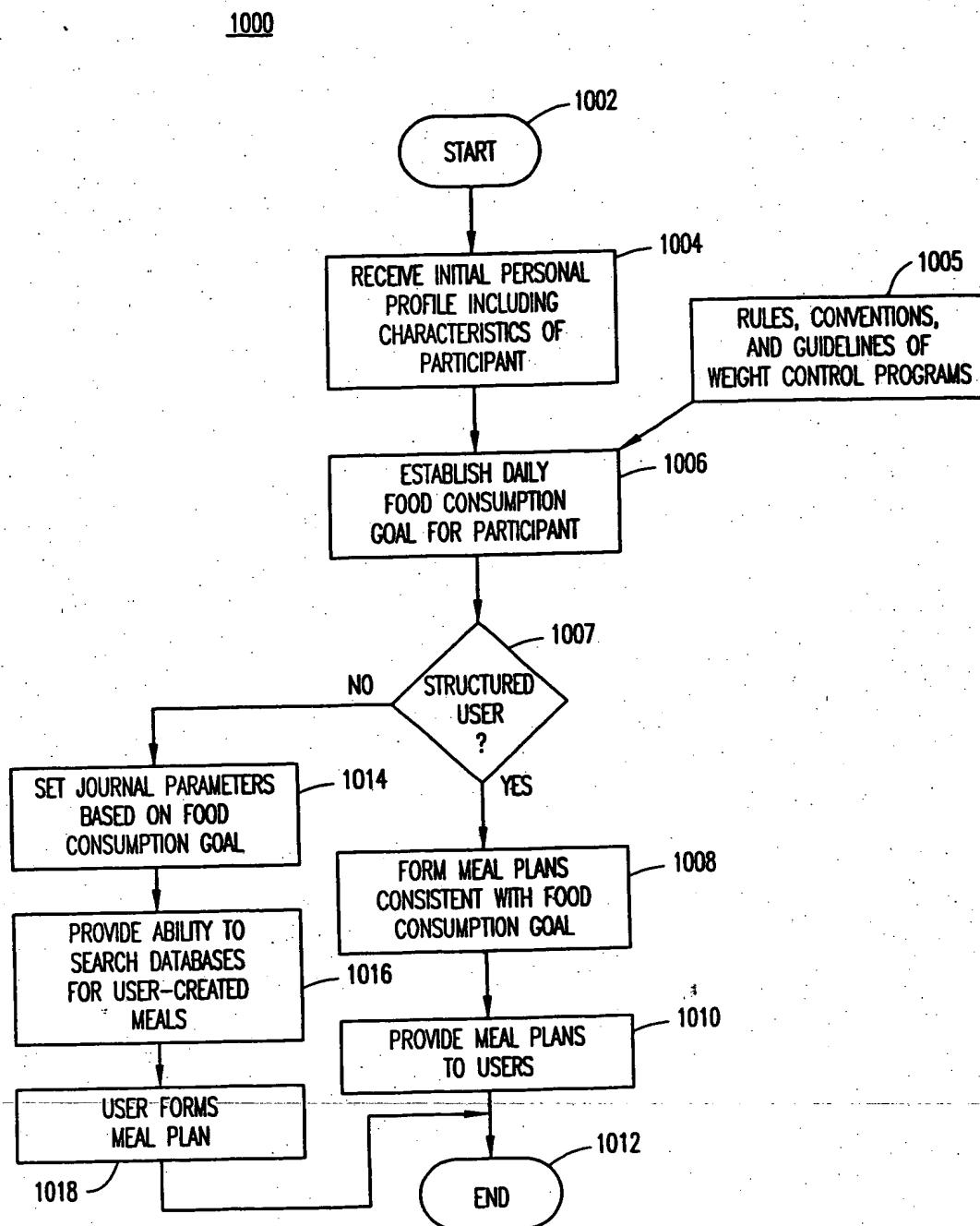


FIG. 10

Title: Weight Control System
 Having Varying Meal Plans
 and Meal Planning Schemes
 Inventor: Kirchhoff, et al
 03968-P0001D

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900b

The screenshot shows a web-based application for managing meal plans. At the top, there's a menu bar with File, Edit, View, Go, Favorites, Help, and various icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. Below the menu is an address bar with the URL http:// and links for find a meeting, about us, my profile, site map, help, and LOGOUT. A navigation bar below the address bar includes links for home, my plan, community, success stories, food & recipes, healthy life, fitness, just for me, shop, Journal, Weight Tracker, Progress Charts, My Favorites, POINTS[®] Calculators, Assessment, Tools for Living, and Intro to eTools. There's also a panic button.

The main area is titled "my journal" and shows the date Friday, Jan 25, 2002, target 27, range 22-27, bank 3, and a total of 906 points. It includes links for print day, print blank journal, and user guide. A sub-section titled "904b" provides instructions for adding exercises, including searching the database or viewing all activities, selecting favorites from a dropdown menu, and entering food and its POINTS value. It also features a "Find tips from others on the eTools Tip Exchange" link.

A large table on the right lists food items with their POINTS values:

<input type="checkbox"/> 3/4 cup cooked brown rice	3
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE	Subtotal 8
Snack	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE	Subtotal 5
Total Food POINTS used 24	
Total Food POINTS left for today 3	
Exercise	
<input type="checkbox"/> 30 min walking, leisure	1
Total Activity POINTS earned 1	
Check off daily on these important items	
Water	Multivitamin Supplement

At the bottom, there are links for Internet, eTools, and a footer with a copyright notice: © 2002 Weight Watchers International, Inc. All rights reserved.

FIG. 11

Title: Weight Control System
 Having Varying Meal Plans
 and Meal Planning Schemes
 Inventor: Kirchhoff, et al
 03968-P0001D

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900c

914 →

my journal ← Friday, Jan 25, 2002 ► Target: 27 Range: 22-27 Bank: 3 906

DELETE CHECKED ITEMS		SAVE & BANK
<input type="checkbox"/> Check All		Total Food POINTS used 24
Morning		
<input type="checkbox"/> 3 slice(s) crisp cooked bacon		4
<input type="checkbox"/> 2 large fried egg(s)		5
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE		Subtotal 9
Midday		
<input type="checkbox"/> 1 small serving(s) cooked lean beef steak		7
<input type="checkbox"/> 1 cup(s) fruit salad		2
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE		Subtotal 9
Evening		
<input type="checkbox"/> Subtotal 0		0
Snack		
<input type="checkbox"/> Subtotal 0		0
1102 Total Food POINTS used 18		Total Food POINTS left for today 9
Exercise		
<input type="checkbox"/> 60 min jogging		7
<input type="checkbox"/> Total Activity POINTS earned		7
Check off daily on these important items		
Water	1204	Multivitamin Supplement
		<input type="checkbox"/>
Fruits & Vegetables	1206	Milk & Milk Products
DELETE CHECKED ITEMS		SAVE & BANK

Need Help? Go to the [Journal User Guide](#) Find tips from others on the [eTools Tip Exchange](#)

1202 →

- Calculate POINTS for recipes and food combos (e.g. coffee, milk & sugar)
- View your meal plans

FIG. 12

Title: Weight Control System
 Having Varying Meal Plans
 and Meal Planning Schemes
 Inventor: Kirchhoff, et al
 03968-P0001D

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900d

The screenshot shows a web-based application for managing meal plans and tracking weight. At the top, there's a menu bar with File, Edit, View, Go, Favorites, and Help. Below the menu is a toolbar with Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit buttons. The address bar shows "http://". A navigation bar below the address bar includes links for "find a meeting", "about us", "my profile", "site map", "help", and "LOGOUT". The main content area has a header with "home", "my plan", "community", "success stories", "food & recipes", "healthy life", "fitness", "just for me", "shop", "Journal", "Weight Tracker", "Progress Charts", "My Favorites", "POINTS® Calculators", "Assessment", "Tools for Living", "Intro to eTools", and a "panic" button.

Annotations on the screenshot include:

- A red arrow points to the number "914" near the top center of the page.
- A red arrow points to the date "Friday, Jan 25, 2002" in the header.
- A red arrow points to the "Range: 22-27" text in the header.
- A red arrow points to the "Bank: 0" text in the header.
- A red arrow points to the "print day" button in the header.
- A red arrow points to the "904d" text near the bottom left of the calendar.
- A red arrow points to the "print blank journal" button in the header.
- A red arrow points to the "user guide" button in the header.
- A red arrow points to the "Subtotal" value of "9" in the meal summary table.
- A red arrow points to the "Total Food POINTS used" value of "24" in the meal summary table.
- A red arrow points to the "Subtotal" value of "0" in the meal summary table.
- A red arrow points to the "Total Food POINTS used" value of "18" in the meal summary table.
- A red arrow points to the "Total Food POINTS left for today" value of "9" in the meal summary table.

The main content area displays a "my journal" section for Friday, Jan 25, 2002. It includes a calendar for January 2002, a "Calendar Key" with icons for Today's date, Your scheduled weight tracking day, and Journal is complete: POINTS are banked!, and a note about viewing journal entries for specific dates. There are buttons for "Add Food", "Add Exercise", and "Notes". A "Calendar" button is also present. The right side of the screen shows a detailed meal summary table with rows for Morning, Midday, Evening, and Snack, listing items like bacon, eggs, beef steak, fruit salad, and a subtotal of 9 points used.

FIG. 13

Title: Weight Control System
 Having Varying Meal Plans
 and Meal Planning Schemes
 Inventor: Kirchhoff, et al
 03968-P0001D

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1400

806e

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#)

[LOGOUT](#)

[home](#) [my plan](#) [community](#) [sucess stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#)

[panic](#)

[Articles](#) [Recipes](#) [Meal Plans](#) [Recipe Renovation](#) [Recipe Search](#) [Recipe Builder](#)

meal plans

808c

my shortcuts [LOGOUT](#)
 to weight loss tools.

Welcome Kevin!

I'm not Kevin [edit profile](#)

Pick my avatars! [1404](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS[®] CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

Intro to eTools

Tools for Living

Hot eTools Topic of the Week

Eating Out Guide

eTools Tip

Exchange

[edit](#)

Favorite Recipes

[edit](#)

Favorite Boards

MY MEETINGS

75202 | [edit](#)

Enter a zip code below

Don't know zip code

MY NEWSLETTER & MORE

Choose your options

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[view next week's plan](#) [see Daily View](#) [print](#)

meal plans

808c

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[view next week's plan](#)

[see Daily View](#)

[print](#)

need help?

Learn more and answer questions in our meal plan user guide.

- [meal plan user guide](#)
- [meal planner profile](#)
- [Plan for Me-Plan](#)
- [Special diet \(Regular\)](#)
- [POINTS range 22-27](#)
- [edit meal plan profile](#)
- [about meal plans](#)

Jan 23 - Jan 29

[add plan to my journal!](#)

1402

POINTS

WEDNESDAY

23

MORNING:

Cheese Omelet

6

MIDDAY:

5

EVENING:

7

SNACK:

5

Snacks and Treats

5

THURSDAY

POINTS

23

FRIDAY

POINTS

24

MORNING:

Almond Apricot Flakes

5

MIDDAY:

5

EVENING:

8

SNACK:

5

Throughout the Day

5

SATURDAY

POINTS

24

SUNDAY

POINTS

24

MORNING:

From the Coffee Shop

5

MIDDAY:

6

EVENING:

8

SNACK:

5

On the Go

5

MONDAY

POINTS

23

TUESDAY

POINTS

24

MORNING:

Apricot Yogurt Sundae

5

MIDDAY:

6

EVENING:

7

SNACK:

5

Crunchy Snacks

5

WEDNESDAY

POINTS

23

THURSDAY

POINTS

24

MORNING:

Apple-Almond Topp...

6

MIDDAY:

5

EVENING:

8

SNACK:

5

Sweet and Salty S...

5

[add plan to my journal!](#)

[view next week's plan](#)

[see Daily View](#)

[print](#)

FIG. 14

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

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1500g

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my shortcuts [LOGOUT](#)
to weight loss tools.

Welcome Kevin!
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MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

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MY RESOURCES

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MY MEETINGS

75202 | [edit](#)

Enter a zip code below



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MY NEWSLETTER & MORE

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meal plans

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

need help?

Learn more and answer questions in our meal plan user guide.

[med plan user guide](#)

meal planner profile

Plan for Me-Plan

Special diet | Regular

POINTS range | 22-27

[edit meal plan profile](#)

[about meal plans](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#)

1504

MORNING: [Swap for another meal?](#)

POINTS

Cheese Omelet	6
■ 3 medium egg white(s)	1
■ 1 tsp basil	0
■ 1 oz low-fat cheddar or colby cheese	1
■ 1 slice high-fiber bread	1
■ 1 cup canned fruit cocktail, packed in water	1
■ 1 cup low-fat milk	2

1502

MIDDAY: [Swap for another meal?](#)

POINTS

Veggie Chili	5
■ 1 cup Health Valley Mild Vegetarian Chili	2
■ 1 cup fresh vegetable sticks	0
■ 1 Tbsp reduced-calorie salad dressing	1
■ 1 cup grapes	1
■ 1 slice toasted wheat bread	1
■ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine	0

EVENING: [Swap for another meal?](#)

POINTS

Apricot Turkey Breast with Cinnamon Squash	7
■ 4 oz boneless, skinless turkey breast(s)	3
■ 1 Tbsp apricot jam	1
■ 1 tsp ground ginger	0
■ 3/4 medium acorn squash	2
■ 1/8 tsp ground cinnamon	0
■ 1 Tbsp light butter	1
■ 1 1/2 cup green snap beans	0

SNACK: [Swap for another meal?](#)

POINTS

Snacks and Treats	5
■ 1 cup 0-POINT soup	0
■ 1 cup fresh vegetable sticks	0

FIG. 15A

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

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1500b

The screenshot shows a web browser window with the following details:

- Toolbar:** File, Edit, View, Go, Favorites, Help.
- Address Bar:** http://
- Menu Bar:** Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit, Go.
- Bottom Navigation:** find a meeting, about us, my profile, site map, help, LOGOUT.
- Main Content Area:**
 - Left Sidebar:** my shortcuts (Logout), Welcome Kevin!, I'm not Kevin! (edit profile), Pick my avatars!, MY TOOLS, JOURNAL, WEIGHT TRACKER, MEAL PLANS, POINTS™ CALCULATORS, RECIPE SEARCH, RECIPE BUILDER, MY RESOURCES (Intro to eTools, Tools for Living, Hot eTools Topic of the Week, Eating Out Guide, eTools Tip, Exchange, Favorite Recipes, Favorite Boards, MY MEETINGS).
 - Section Headers:** food & recipes, healthy life, fitness, just for me, shop, panic.
 - Articles:** Articles | Recipes | Meal Plans | Recipe Renovation | Recipe Search | Recipe Builder.
 - Section:** meal plans
 - Section Header:** my 7-day meal plan
 - Text:** Using a meal plan is a simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, see our meal plan user guide.
 - Buttons:** next day | weekly view.
 - Right Sidebar:** need help? (Learn more and answer questions in our meal plan user guide, meal plan user guide, meal planner profile, Plan for Me-Plan, Special diet! Regular, POINTS range! 22-27, edit meal plan profile, about meal plans).
 - Form:** WED Jan 23 | 23 POINTS (update my meal plan).
 - MORNING:** Cheese Omelet, 3 medium egg white, 1 tsp basil, 1 oz low-fat cheddar, 1 slice high-fiber bread, 1 cup canned fruit, water, 1 cup low-fat milk.
 - Swap for another meal?** (Cheese Omelet, Almond Apricot Flakes, Yogurt Topped Fruit, From the Coffee Shop, Raisin Nut Flakes, Apricot Yogurt Sundae, Apple-Almond Topped Pancakes).
 - Bottom Buttons:** Internet, 1506.

FIG. 15B

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

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900e

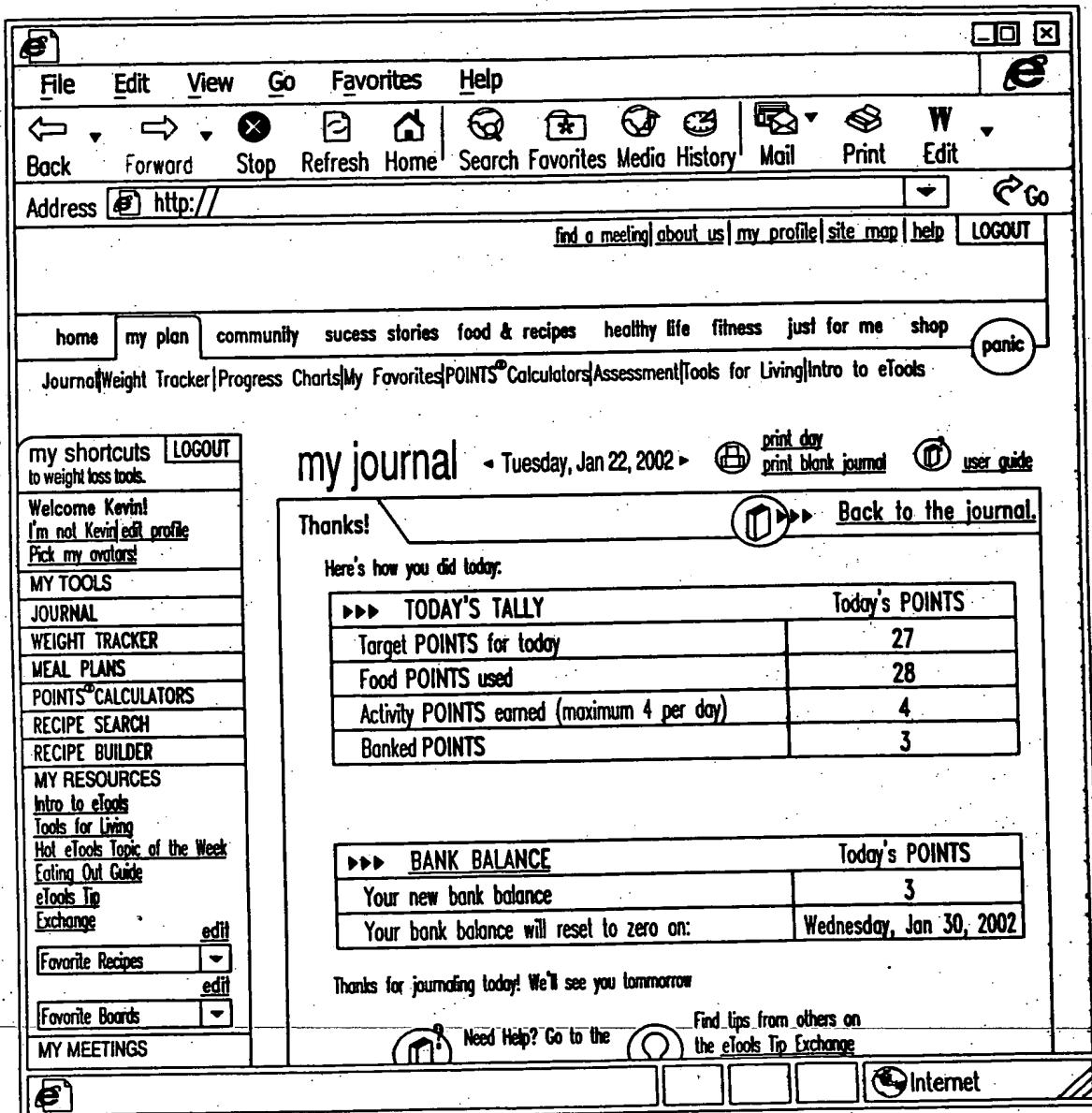


FIG. 16A

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

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900f

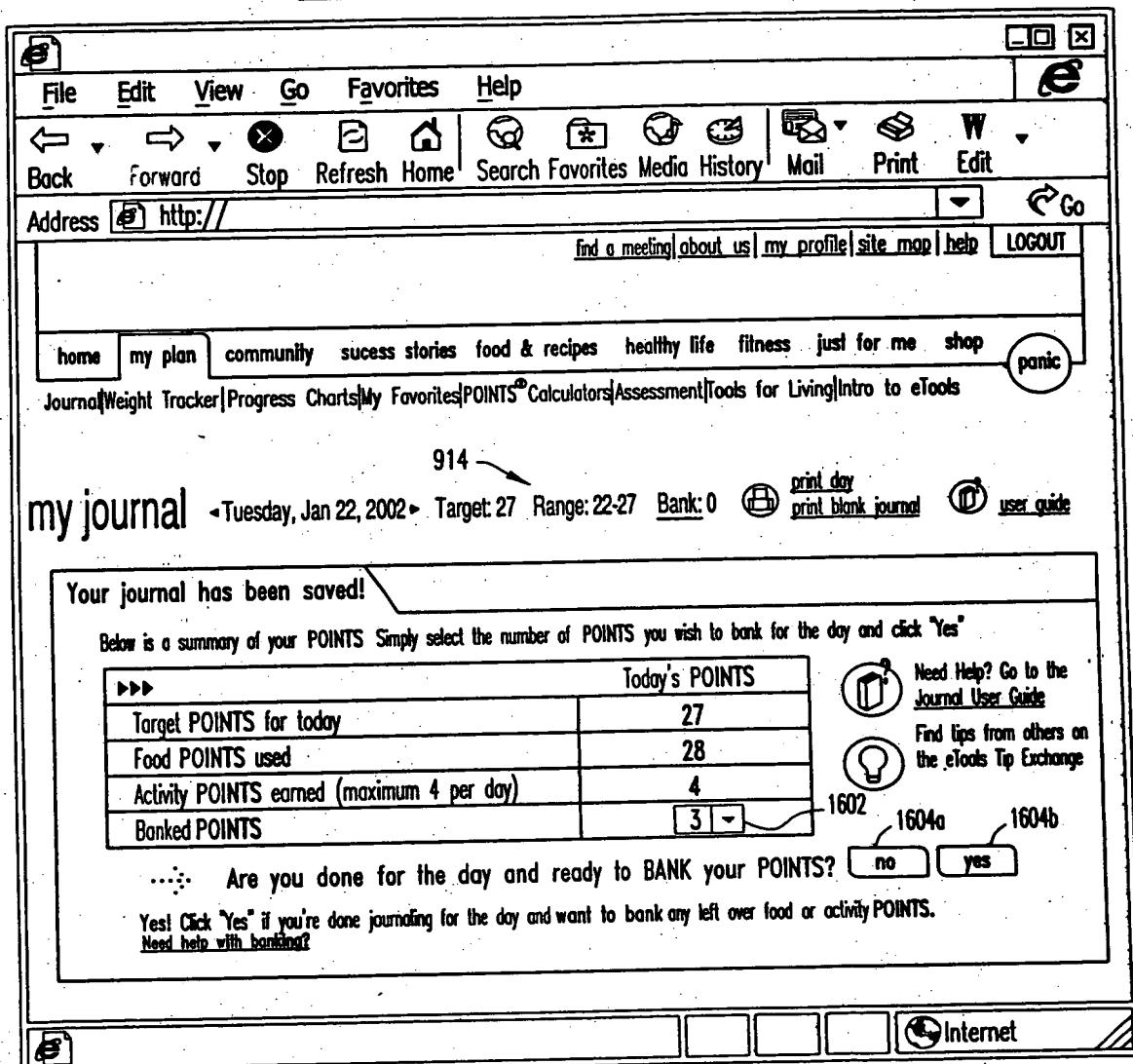


FIG. 16B

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

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1700

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recipes

results of search or browse

Search Details: Keywords: chicken Points Range: 5 to 7

Your search returned 48 recipes page 1 of 3 prev next

Browse

All

FIND

Search Keywords:

POINTS range: to **FIND**

Looking for mor options? [Refine your search.](#)

1702

Recipe, POINTS per serving

Apple Braised Chicken, 5
Baked Chicken with Sun dried Tomato Sauce, 5
Barbecue Chicken and Black Bean Pizza, 7
Basque Chicken, 7
Chicken and Dumplings, 5
Chicken and Sausage Gumbo, 6
Chicken Burritos, 5
Chicken Enchiladas, 7
Chicken Fajitas, 6
Chicken Fingers with Barbecue Sauce, 5
Chicken in Apricot Sauce, 5
Chicken Jambalaya, 6
Chicken Mole Wraps, 7
Chicken Paella, 7
Chicken Parmigiana Sandwich, 6
Chicken Poppers, 6

Chicken Pot Pie, 6
Chicken Salad in Whole-Wheat Bread Bowl, 5
Chicken Sauté with Pine Nuts, 6
Chicken Stew with Artichokes and Tomatoes, 5

Course	Time
Main Meals	55 min
Main Meals	30 min
Main Meals	30 min
Main Meals	45 min
Main Meals	40 min
Main Meals, Soups	33 min
Main Meals	37 min
Main Meals	60 min
Main Meals	25 min
Main Meals	22 min
Main Meals	45 min
Main Meals	50 min
Main Meals	31 min
Main Meals	330 min
Sandwiches	35 min
Main Meals, Side Dishes	20 min
Main Meals	65 min
Main Meals	20 min
Main Meals	25 min
Main Meals	50 min

Browse

All

Search Keywords:

FIND

POINTS range: to **FIND**

Looking for mor options? [Refine your search.](#)

Your search returned 48 recipes

page 1 of 3 prev next

FREE! for all visitors



Share your favorite recipes with new friends

- Go to community Recipe Swap

for subscribers only

POINTS calculator
Find POINTS for thousands of foods.

- Calculate food POINTS

recipe plans
Find POINTS for your favorite recipes.
■ Calculate recipe POINTS

recipe plans
Get delicious meal suggestions for every day of the week

- View Meal Plans

■ Learn more about subscriber benefits

FIG. 17

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

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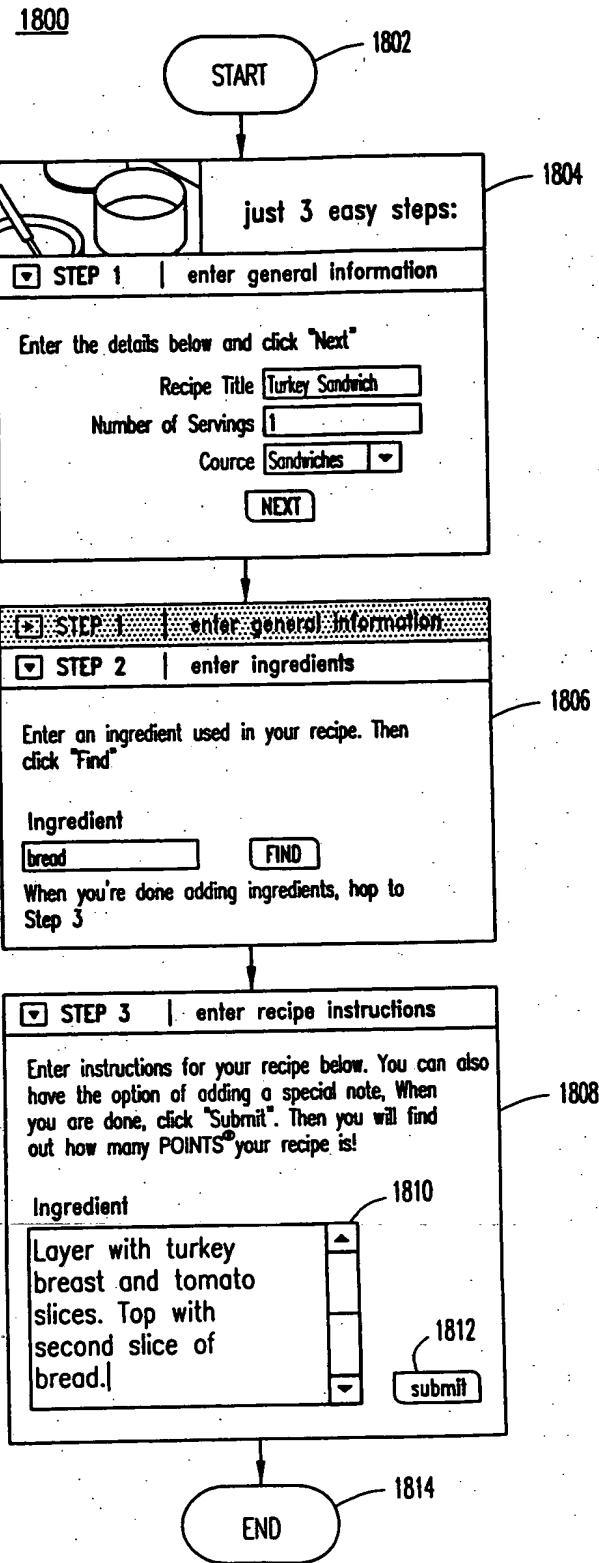


FIG. 18

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

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808b

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weight tracker

Wednesday, January 16, 2002

Total weight loss Most recent weight: 221.6lbs on 1/14/2002
POINTS Range: 22-27
Meeting day: Monday 1902

Milestones:

Thank You [VIEW PROGRESS CHARTS](#)

Thank you for logging your weight this week!
Please return next Monday to log your weight.
Share stories on [Tales from the Scale](#)

► ENTER PREVIOUS WEIGHT

health & safety

we put your health and safety first. Learn about how your weight and weight-loss efforts can affect your health.

- Who's your BMI
- Effects of Rapid Weight Loss

getting to weight goal

whether you lost big this week or were a little disappointed, remember to take time out to get inspired all over again.

- 18 Ways to Reward Yourself
- Create a Motivating Strategy

learn more, weigh less

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

- The Great Weigh-In
- 20 Weight Loss Tips (from Real Meeting-Goers!)

1lb | 5lb | 10lb | 25lb
4 sticks of butter

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FIG. 19

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

22/28

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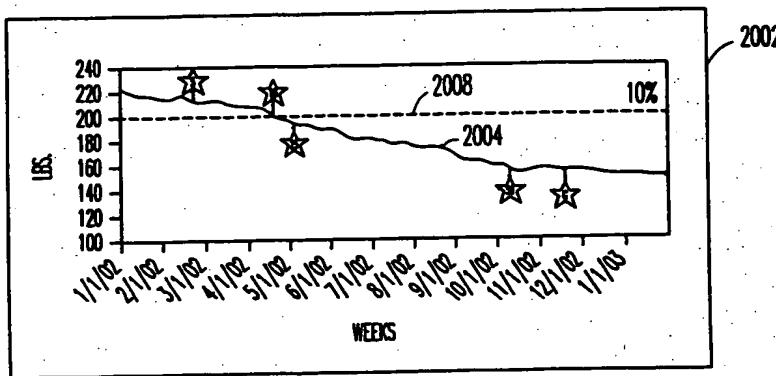
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Tip! By clicking on any of the points on the chart, you can get direct access to your journal for that week.

Milestones: 5

Key:

5 POUNDS

75 POUNDS

75 POUNDS

5 POUNDS ADD'L

100 POUNDS

10% TARGET

25 POUNDS

150 POUNDS

200 POUNDS

50 POUNDS

200 POUNDS

FIG. 20

**Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes**
Inventor: Kirchhoff, et al
03968-P0001D

23/28

2100

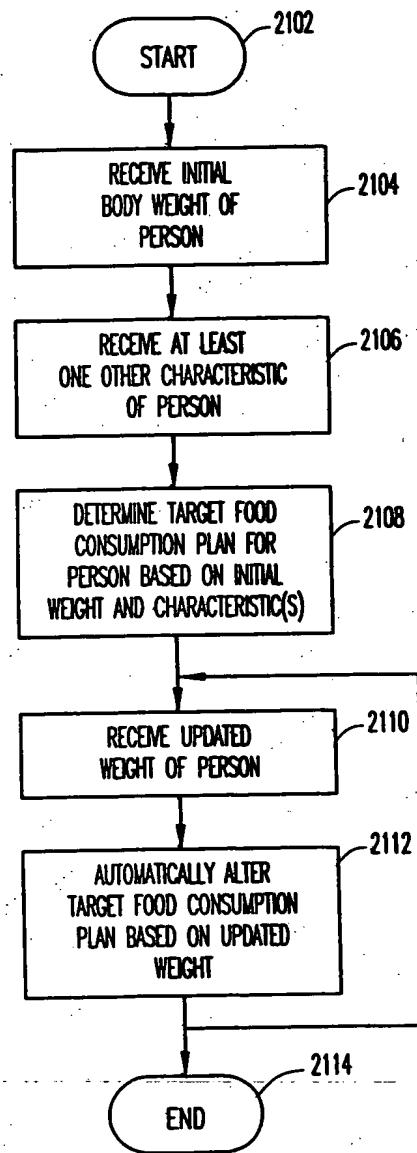


FIG. 21

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
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2202 

don't panic!
...we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill.](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this.](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating.](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)
- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource
Thousands of people just like you use our chat and message boards for inspiration and encouragement. See how they tackled the problems you face.
■ [chat with others now](#)
■ [go to newbie board](#)

your best resource
Our leaders provide the best answers to all your questions about weight loss.
■ [find a meeting](#)

get help
Panicking cause you're having problems using some of the tools on our site?
■ [frequently asked questions](#)

FIG. 22

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

25/28

2300

The screenshot shows a web browser window with the following details:

- Address Bar:** http://
- Toolbar:** File, Edit, View, Go, Favorites, Help, Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit.
- Menu Bar:** File, Edit, View, Go, Favorites, Help.
- Navigation:** Go, Logout.
- Header:** home, my plan, community, sucess stories, food & recipes, healthy life, fitness, just for me, shop, panic.
- Links:** Journal, Weight Tracker, Progress Charts, My Favorites, POINTS®, Calculators, Assessment, Tools for Living, Intro to eTools.
- Left Sidebar (my shortcuts):** Welcome Kevin!, I'm not Kevin!, edit profile, Pick my avatars!, MY TOOLS, JOURNAL, WEIGHT TRACKER, MEAL PLANS, POINTS® CALCULATORS, RECIPE SEARCH, RECIPE BUILDER, MY RESOURCES, Intro to eTools, Tools for Living, Hot eTools Topic of the Week, Eating Out Guide, eTools Tip Exchange, Favorite Recipes, Favorite Boards.
- Current Page:** edit public profile
- Form Fields (User Information):**
 - make public:
 - E-mail address: jsmith@workplace.com
 - Birthdate: 07/14/66
 - Gender: Male
 - Marital status: Single
 - Number of children: 0
 - Profession: Professional (e.g., doctor, lawyer)
 - Astrological sign: Cancer
 - My home page: http://www.workplace.com
 - Astrological sign: Beam me up, Scottie
- Signature Input:** Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141
- Weights:** Start weight: 223 lbs, Current weight: 221 lbs, Weight goal: 150 lbs.
- Buttons:** submit, 2304, 2302, 2306.
- Bottom:** Internet, 2300.

FIG. 23

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

26/28

2400a

The screenshot shows a web browser window with the following details:

- Address Bar:** http://
- Toolbar:** File, Edit, View, Go, Favorites, Help, Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Print, Edit.
- Header:** find a meeting | about us | my profile | site map | help | LOGOUT
- Navigation:** home, my plan, community (highlighted), sucess stories, food & recipes, healthy life, fitness, just for me, shop, panic.
- Message Boards:** Message Boards | Chats | Community Recipe Swap (highlighted).
- Left Sidebar:** my shortcuts to weight loss tools, Welcome Kevin!, MY TOOLS, JOURNAL, WEIGHT TRACKER, MEAL PLANS, POINTS™ CALCULATORS, RECIPE SEARCH, RECIPE BUILDER, MY RESOURCES, intro to eTools, Tools for Living, Hot eTools Topic of the Week, Eating Out Guide, eTools Tip, Exchange, Favorite Recipes, Favorite Boards, MY MEETINGS, 75202 | edit, Enter a zip code below, Don't know zip code, MY NEWSLETTER & MORE, Choose your options, GET HELP, Frequently Asked Questions, Contact Us.
- Main Content:** share favorite recipes with friends. A large text area says: "Welcome to Community Recipe Swap, the place to share your most delicious, POINTS™-worthy recipes with our online community. You can also search our growing database of more than 200 recipes (and counting).". Below it are links: Share your recipe, Search recipes.
- Right Sidebar:** subscriber highlight, recipe search, Search more than 700 official recipes, Keywords: [input], POINTS [input] to [input], refine search, FIND, for subscribers only, POINTS calculator, Find POINTS for thousands of foods, Calculate food POINTS, recipe builder, Find POINTS for your favorite recipes, Calculate recipes POINTS, meal plans, Get delicious meal suggestions for every day of the week, View Meal Plans, Learn more about subscriber benefits, Internet.
- Table:** 15 recent recipes

15 recent recipes		
SHARE YOUR RECIPE		SEARCH RECIPES
Recipe Name	User Name	Posted
Veggie Omelet	smiles...hi	01/26/2002
chocolate peanut butter parfa	dechantbone	01/26/2002
Peanut butter & Raisin Cakes	jennifergracem	01/26/2002
Pink cloud	justivelet	01/26/2002
Mini Mocha-Toffee Crunch Cheesecakes	plz2001	01/26/2002
Autumn Bisque	mamocake	01/25/2002
Fruit Fluff	kronise	01/25/2002
Green Bean Soup	bswan628	01/25/2002
greek Omelet	suzanneh7	01/25/2002
SHARE YOUR RECIPE		SEARCH RECIPES

FIG. 24A

Title: Weight Control System
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

27/28

2400b

806c

File Edit View Go Favorites Help

Back Forwards Stop Refresh Home Search Favorites Media History Mail Print Edit

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808c

home my plan community success stories food & recipes healthy life fitness just for me shop panic

Message Boards | Chats | Community Recipe Swap

community recipe swap share your recipe

Main Share your recipe Search recipes

Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit". Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS.[®]

IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.

2408

Recipe Title: 2410

From the Kitchen of:

Meal Course: Breakfast 2412

Number of Servings: 2414

Estimated POINTS per serving: 2416

Ingredients: 2418

Instructions: 2420

Special Notes: 2422

RESET SUBMIT

Internet

FIG. 24B

Title: Weight Control System -
Having Varying Meal Plans
and Meal Planning Schemes
Inventor: Kirchhoff, et al
03968-P0001D

28/28

2400c

806c

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806c

community recipe swap

share your recipe

Browse or search more than 2000 user-recommended recipes below.

2426

browse recipes All [FIND](#)

2428a 2428b

search Search by: recipe name user name

Enter Name: [FIND](#)

2430

refine search

Search for any combination of categories below. The more options you choose, the more refined your search will become.

2432

Estimated POINTS®

Range: to

2434

Meal Course

Beverages Light Meals Side Dishes

Breakfast Main Meals Snacks

Cakes Sandwiches Soups

Desserts Sauces

2436

Posting Date

Search for recipes posted in the last [All Dates](#) [FIND](#)

2438

2438

Main

Share your recipe

Search recipes

subscriber highlight

recipe search

Find what you're craving

Search more than 700 official recipes.

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Find POINTS for thousands of foods.

[Calculate food POINTS](#)

recipe builder

Find POINTS for your favorite recipes.

[Calculate recipes POINTS](#)

meal plans

Get delicious meal suggestions for every day of the week.

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Internet

FIG. 24C